



Why is active play important?

Active play helps your child learn healthy habits.

There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike

Indoor play

Act out a story
Turn up the music and dance
Walk inside a shopping mall
Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Outdoor play


Family walks after dinner
Play catch
Take a nature hike
Games in the yard or park
Build a snowman


Happens Every Month


Please complete your activity by the end of _____ for your food benefits to continue.

Household ID #

Head Start: Many classroom and home-visit activities have been WIC approved. Talk to your child’s classroom teacher or home visitor for more details. 


Grocery Store Tours: Do you need help making the most of your WIC benefit every month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the *WIC Program and Food Guide*. We will help you find all your favorite WIC eligible foods and share tips on how to maximize your monthly benefit. Call (802) 524-7970, to schedule a tour. 


Nurse Family Partnership (NFP): This program provides education and support for new families. The goals are to help you have a healthy baby, learn how to promote your baby’s health and development, and to help you achieve your own goals. For more information about the program call Rhonda @ 393-6775. If you already receive NFP visits, talk with your home visitor about how to receive WIC credit. 


Breastfeeding Moms Group: You are invited to the Department of Health’s FREE breastfeeding Prep class! Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. Group meet at the St. Albans WIC – on the 3rd floor (27 Federal Street Suite 301, St. Albans, VT 05478); Except for the January 11th class, which meets at the Family Birth Center conference room at NMC. 


Pick any of these dates that work best for you:


- Wednesday October 18th 12-1:30 pm (St. Albans WIC, on the 3rd floor)
- Monday November 6th 6-7:30 pm (St. Albans WIC, on the 3rd floor)
- Tuesday December 12th 12-1:30 pm (St. Albans WIC, on the 3rd floor)
- Thursday January 11th 6-7:30 pm (Family Birth Center conference room at NMC)
- Friday February 9th 12-1:30 pm (St. Albans WIC, on the 3rd floor)


Latch On: Learn more about breastfeeding and share stories in a relaxed and caring environment. This group is for babies and pregnant moms. Group meets every 3rd Saturday from 10am – Noon at Northwestern Medical Center in their Wellness Room on the Family Birth Unit. 

Baby Massage & Breastfeeding Group: These groups are a great way to learn about breastfeeding, the benefits of baby massage and parenting. Group meets every 2nd Wed. from 9:30am – 11:15am @ the Alburgh library. 

The Secrets of Baby Behavior: Join other pregnant women like you, to learn about newborn behavior— so, you know what to expect after your baby is born. We’ll talk about hunger cues, infant sleep patterns and reasons for crying, and we’ll also help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. This class is available to all participants of the NWMC Healthy Beginnings program, that takes place Mondays, from 6-8pm. Location: Northwestern Medical Center in their Family Birth Center conference room. 

Movement and Music Story Time: Movement and Music Story time is an activity at the St. Albans Free Library that incorporates physical activity/ movement with music. The Activity is geared for ages 0-6, that encourages and promotes exercise by making it fun through music! Its located at the St. Albans Free Library (11 Maiden Lane, St. Albans VT 05478) – and takes place on Mondays at 10:30 am! 

WIChealth.org: Complete your WIC nutrition education online with **wichealth.org**. You're just a few clicks away from discovering ways to help keep you and your family healthy. Lots of families like these activities because they can be done at your convenience in the privacy of your own home. Check us out @ www.wichealth.org 

Story Time: Families participate in movement and craft activities and enjoy listening to fun stories. All families welcome – Some story hours include a healthy snack! 

- Franklin Haston Public Library on Thursday mornings starting at 10:30 AM.
- Fairfax Community Library on Tuesday mornings at 9:30 AM
- Enosburgh Public Library every Saturday 10-11AM. Enosburgh Public Library also offers a Mommy and Me Story Hour Every Friday 9-10 AM
- Highgate Public Library every Tuesday at 11am & Wednesday at 10am.
- Fairfield (BNML) Library every Wednesday from 10 -11:30am.

- RiseVT / Rise TV:** RiseVT is a movement towards better health for people of all ages in Franklin and Grand Isle Counties. Watch one of these great videos (listed below), at home and call the office with the WIC Approved Activity code mentioned during the video and discuss the video with a WIC staff member. Visit the RiseVT YouTube page for all of the great video options.



<https://www.youtube.com/channel/UCV2sVgwo9J86ZrRI4-n19sA>

WIC approved RiseVT videos: Rise VT Kids Yoga, Healthy Story Time, Home Workouts, Resistance Bands, and Smoothie Making

One Time Event

- Healthy Hearts:** All ages are invited to celebrate their healthy hearts and take home their own valentines, then sample and learn how to make heart-shaped, heart-healthy granola bars and fat-free, fast fruit fondue skewers. All participants take home a free cook book. Takes place:



Wednesday, February 14th at 10-11 am.
Vermont Department of Health, WIC office
27 Federal Street, 3rd floor in St. Albans.

Please sign up in advance by calling 524-7970

Recipe of the Month

Easy Fruit Smoothies!

Directions: Throw ingredients together in a blender; blend then serve!

Ingredients

- 1 cup spinach
- 1 cup frozen mixed berries
- ½ cup plain Greek yogurt
- ½ cup low-fat milk
- ¼ cup of fruit juice (or 1 tablespoon of honey)

Ingredients

- 1 banana
- ¼ cup of frozen berries
- ½ cup yogurt (plain or vanilla)
- ½ cup orange juice



Ingredients

- 2 cups of frozen blueberries
- 2 bananas
- 1 cup of yogurt
- 1 cup of milk
- 1 tablespoon of honey
- 2 cups of spinach

Ingredients

- 2 oranges (peeled)
- 1 banana
- ½ cup milk
- ½ cup plain Greek yogurt
- 1 teaspoon vanilla
- 2 cups of spinach
- A handful of ice

Stay in Touch With WIC

- **Facebook:** www.facebook.com/vdhstalbans
- **Email:** AHS.VDHOLHStAlbans@vermont.gov
- **Phone:** 802-524-7970

Key

Sign-in/Roster:

On-line:

WIC Call:

Other:

WIC Card: